



🕒 5 min / 1 serving

# The Avocado Bananarama Smoothie

**441**

CALORIES

**35g**

PROTEIN

**41g**

CARBS

**17g**

FAT

## Ingredients

☐

1/2 whole avocado

☐

1 medium (7" to 7-7/8" long) banana(s)

☐

250ml coconut milk drink (carton)

☐

45g vanilla vegan protein blend (70%)

☐

1g brown sugar

## Preparation

Ideally, use a chilled avocado and a chilled/frozen banana for this splendid mix of healthy fats and energy.

**Step 1:** Place all ingredients into that super blender and securely fasten the lid.

**Step 2:** Blend thoroughly for around 15 - 30 seconds while gradually adding water (if necessary) to create desired consistency.

**Step 3:** Pour into a glass for that fresh serving of energy-boosting goodness!



🕒 5 min / 1 serving

# Power Strawberry and Peanut Butter on Toast

468

CALORIES

20g

PROTEIN

40g

CARBS

28g

FAT

## Ingredients

- ☐ 4 medium (1-1/4" dia) strawberries
- ☐ 40g peanut butter, smooth style, without salt
- ☐ 2 slice regular whole grain bread
- ☐ 10g seeds, sunflower seed kernels, dried

## Preparation

Something new that you'll definitely want to try again!

**Step 1:** Place your bread into a toaster and let things heat up while you slice your strawberries on the side.

**Step 2:** Once the bread has made the incredible transition into toast, spread the peanut butter nice and evenly before topping off with the sliced strawberries and a sprinkle of sunflower seeds.

Let the crunch begin.



⌚ 40 min / 1 serving

# Cheesy Mushroom Soup

**516**  
CALORIES

**20g**  
PROTEIN

**65g**  
CARBS

**24g**  
FAT

## Ingredients

- ☐ 1 1/2 tsp olive oil
- ☐ 3/4 medium onion
- ☐ 1/2 head medium (5-6" dia.) cauliflower
- ☐ 150g white button mushrooms
- ☐ 225ml vegetable stock/broth
- ☐ 3/4 medium sweet potato
- ☐ 40g vegan parmesan cheese
- ☐ 1 1/2 small carrot

## Preparation

Light, cheesy, healthy; you can't go wrong!

**Step 1:** Roughly slice the onion and cauliflower (leek can also be used if you prefer), being sure the onion doesn't bring you to tears (goggles help, seriously!)

**Step 2:** In a large pot or pan, heat the olive oil over a medium temperature, and add the onion and cauliflower. If you decided to go for leek instead, casually yell out 'This pan has a leek in it!' and see who finds your jokes funny.

**Step 3:** Allow the ingredients to sauté for about 3 minutes. During this time, wash and roughly slice up the mushrooms, then add them to the pan.

**Step 4:** After about 8 minutes, roughly chop up the carrot and sweet potato into cubes and then add them to the party pan too.

**Step 5:** Pour in the vegetable stock and bring to a nice simmer, then cover and allow things to mingle for about 15 minutes (until all vegetables are soft).

**Step 6:** Blend with a hand blender, adding water if necessary, and then mix in the cheese.

**Step 7:** Season with salt and pepper to taste!



⌚ 1 min / 1 serving

## Banana and Cashew Power!

160

CALORIES

3g

PROTEIN

30g

CARBS

5g

FAT

### Ingredients

☐ 1 medium (7" to 7-7/8" long) banana(s)

☐ 10g cashew nuts

### Preparation

**Step 1:** Eat the banana and the cashew nuts. All of them.

Did you know that bananas float in water because they are less dense in comparison.



 <1 min / 1 serving

# Watermelon

60

CALORIES

1g

PROTEIN

15g

CARBS

0g

FAT

## Ingredients

☐ 200g watermelon

## Preparation

Treat yourself to another slice, or two...

# Ingredients Needed

## Baked

- ☐ 2 slice regular (60g) Whole Grain Bread

## Beverages

- ☐ 250ml (250g) Coconut Milk Drink (carton)

## Dairy and Egg

- ☐ 40g Vegan Parmesan Cheese

## Fats and Oils

- ☐ 1 1/2 tsp (6.75g) Olive Oil

## Fruits and Fruit Juices

- ☐ 1/2 whole (75g) Avocado
- ☐ 236g Banana(s)
- ☐ 4 medium (1-1/4" dia) (48g) Strawberries
- ☐ 200g Watermelon

## Legumes

- ☐ 40g Peanut butter, smooth style, without salt

## Nuts and Seeds

- ☐ 10g Cashew Nuts
- ☐ 10g Seeds, sunflower seed kernels, dried

## Pastes, Sauces, and Gravies

- ☐ 225ml (225g) Vegetable stock/broth

## Protein Powders

☐ 45g Vanilla Vegan Protein Blend (70%)

## Sweets

☐ 1g Brown Sugar

## Vegetables

☐ 1 1/2 small (75g) Carrot

☐ 1/2 head medium (5-6" dia.) (294g) Cauliflower

☐ 3/4 medium (82.5g) Onion

☐ 3/4 medium (85.5g) Sweet Potato

☐ 150g White Button Mushrooms